Amendments to the Specification

Please replace the paragraph beginning at page 4, line 4, with the following rewritten paragraph:

-- The modules can be spherical and they are preferably hollow. The hollow centre can be filled with a lightweight resilient filler material such as ~~Duolite spheres~~ spheres of an ion exchange resin sold under the tradename DUOLITE™ (available from Rohm and Haas Company, Philadelphia, PA). --

Please replace the paragraph beginning at page 4, line 24, with the following rewritten paragraph:

-- The dilatant compound can include a lightweight filler such as ~~Duolite~~ DUOLITE™ spheres therein. --

Please replace the paragraph beginning at page 4, line 27, with the following rewritten paragraph:

-- The preferred dilatant compound is ~~Dow Corning 3179~~ dimethyl-siloxane-hydro-terminated polymer, sold under the tradename, DOW CORNING™ 3179, available from Dow Corning™ Corporation, Midland, MI. --

Please replace the paragraph beginning at page 8, line 25, with the following rewritten paragraph:

-- Referring now to Figure 2, it can be seen that the spaces 5 have been filled with an energy absorbing dilatent compound material 6 leaving a hollow core 7 therein. These hollow cores can be left empty or they can be filled with a low density material such as ~~Duolite spheres~~ spheres of an ion exchange resin sold under the tradename DUOLITE™ (available from Rohm and Haas Company, Philadelphia, PA) or any other suitable low weight filler which would help to add resilience to the carrier 1 as a whole and also help to keep the energy absorbing dilatent compound material 6 in its predefined shape illustrated in Figure 2. --

Please replace the paragraph beginning at page 8, line 25, with the following rewritten paragraph:

-- Figure 6 shows the carrier illustrated in Figure 5 but with the gaps 15 filled with an energy absorbing dilatent compound material 16 to leave hollow cores 17 therein. These can be filled with a lightweight material such as ~~Duolite~~ DUOLITE™ spheres or another low weight filler which helps to add resilience to the carrier material and also helps to maintain the energy absorbing dilatent compound material 16 in the illustrated defined shapes. The liquid energy absorbing material 16 can be allowed to skin over so the hollow cores 17 are left with just a protective skin thereof. --

Please replace the paragraph beginning at page 12, line 16, with the following rewritten paragraph:

-- The preferred energy absorbing material is a dilatent compound material which remains soft and flexible until it is subjected to the impact when its characteristics change rendering it temporarily rigid. The material then returns to its normal flexible state after the impact. The preferred energy absorbing material is a strain rate sensitive material such as a dilatent compound whose mechanical characteristics change upon impact. The preferred material is a dimethyl-siloxane-hydro-terminated polymer such as the ~~Dow Corning~~ DOW CORNING™ 3179 material or a lightweight version thereof incorporating ~~Duolite~~ DUOLITE™ spheres or a derivative thereof.--

Please replace the paragraph beginning at page 16, line 30, with the following rewritten paragraph:

-- The energy absorbing dilatent compound material within the modules absorbs the impact force and spreads the load thereof during the impact. The preferred material is a dimethyl-siloxane-hydro-terminated polymer such as the material sold by ~~Dow Corning~~ Dow Corning™ Corporation, Midland, MI, under the catalogue number 3179 or a lightweight version thereof containing ~~Duolite~~ DUOLITE™ spheres. --

Please replace the paragraph beginning at page 18, line 13, with the following rewritten paragraph:

-- The energy absorbing material within the threads 61 absorbs the impact force and spreads the load thereof during the impact. Preferably the energy absorbing material within the co-extrusions is a strain rate sensitive material such as a dilatent compound whose mechanical characteristics change upon impact. The preferred material would be a lightweight version of the strain rate sensitive material including ~~Duolite~~ DUOLITE™ spheres. The preferred material is dimethyl-siloxane-hydro-terminate polymer such as the material sold by ~~Dow Corning~~ Dow Corning™ Corporation, Midland, MI, under No. 3179 or a lightweight version thereof. --

Please replace the paragraph beginning at page 22, line 1, with the following rewritten paragraph:

-- Insert A was a 70 mm x 70mm x 4.5 mm thick spacer material made by Scott & Fyfe No. 90.042.002.02. impregnated with ~~Dow Corning~~ Dow Corning™ Dilatant No. 3233 with a lightweight filler therein of ~~Duolite~~ DUOLITE™ spheres. Insert A was placed behind the hard outer shell of the elbow protector. --

Please replace the paragraph beginning at page 22, line 22, with the following rewritten paragraph:

-- Graph 1 shows the results obtained using an open cell cellulose foam (large cell size 0.5mm-3mm) impregnated with a lightweight dilatant compound made by ~~Dow Corning~~ Dow Corning™ under No. 15455-030 which is a light weight version of their compound No. 3179 and includes ~~duolight~~ DUOLITE™ spheres. --

Please replace the paragraph beginning at page 23, line 9, with the following rewritten paragraph:

-- Graph 3 shows the result obtained using a foam carrier with a small cell size, impregnated with a light weight derivative of ~~Dow Corning~~ Dow Corning™ 3179 dilatant compound incorporating ~~duolight~~ DUOLITE™ spheres. The cell size for this foam is less than 1mm and it can be seen that a peak force of 4.2Kn was achieved. This graph again has the characteristic double peak although the second peak is only slightly higher than the first due to a different combination of dilatant compound and the small cell size.

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